



Ham and Cheddar Supper Waffles

READY IN



20 min.

SERVINGS



4

CALORIES



498 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1 large eggs lightly beaten
- ☐ 1.5 cups flour all-purpose
- ☐ 2 ounces deli honey ham thinly sliced chopped
- ☐ 1.5 cups milk
- ☐ 0.3 teaspoon salt
- ☐ 1 cup sharp cheddar cheese shredded
- ☐ 1 teaspoon sugar
- ☐ 4 tablespoons butter unsalted cooled melted

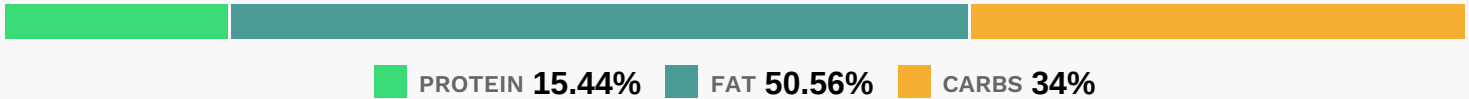
Equipment

- ☐ whisk
- ☐ mixing bowl
- ☐ spatula
- ☐ waffle iron

Directions

- ☐ Heat waffle iron.
- ☐ Whisk together flour, baking powder, sugar and salt in a large mixing bowl. Stir milk, egg and butter into flour mixture until just combined. Fold in ham and cheese.
- ☐ Mist waffle iron with nonstick cooking spray.
- ☐ Pour about 3/4 cup batter onto iron and spread to edges with a spatula. Cook until waffles are golden, 8 to 10 minutes. Repeat with remaining batter, misting iron with cooking spray as needed.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:75.52, Glycemic Load:28.77, Inflammation Score:-7, Nutrition Score:16.506521587786%

Nutrients (% of daily need)

Calories: 498.13kcal (24.91%), Fat: 27.92g (42.95%), Saturated Fat: 15.63g (97.68%), Carbohydrates: 42.24g (14.08%), Net Carbohydrates: 40.97g (14.9%), Sugar: 5.67g (6.3%), Cholesterol: 124.62mg (41.54%), Sodium: 712.36mg (30.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.18g (38.35%), Selenium: 32.83µg (46.9%), Calcium: 418.9mg (41.89%), Phosphorus: 363.73mg (36.37%), Vitamin B1: 0.52mg (34.55%), Vitamin B2: 0.58mg (33.87%), Folate: 98.43µg (24.61%), Vitamin B3: 3.53mg (17.63%), Vitamin B12: 1.02µg (16.99%), Vitamin A: 848.66IU (16.97%), Manganese: 0.33mg (16.64%), Iron: 2.73mg (15.18%), Zinc: 2.24mg (14.96%), Vitamin D: 1.74µg (11.57%), Vitamin B5: 0.94mg (9.35%), Vitamin B6: 0.17mg (8.57%), Magnesium: 33.8mg (8.45%), Potassium: 270.66mg (7.73%), Vitamin E: 0.79mg (5.29%), Fiber: 1.27g (5.07%), Copper: 0.1mg (5.05%), Vitamin K: 2.11µg (2.01%)